

Ashley Judd finds her new television role in Missing

Metro looks at new shows on the spring schedule PAGE 11



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Gas prices could flirt with record highs: Analysts

Going up. Peak rates could reach as high as \$1.40 per litre — similar to what was seen in 2008

Get out your wallets and stow away those gas guzzlers.

Petroleum analysts are predicting per-litre costs for fuel could crest over \$1.30 this summer in Calgary, challenging record prices seen in 2008.

"All the dominoes are in line," said Roger McKnight with Ontario-based En-Pro International. "I am anticipating the highest gasoline prices in history by the end of April."

A senior analyst with 30 years experience, McKnight

points to a severe refinery shortage in the United States as the primary cause of the impending pump pain.

Other analysts, like Gasbuddy.com co-founder Jason Toews, point to unrest in Iran and an unseasonably warm

winter as other factors.

"People are out in their cars already, which is pushing up demand," he said. "It's basically a ripple effect."

Toews' website was reporting prices between \$1.06 and \$1.12 in Calgary Sunday.

Despite the gloomy forecast, Albertans may still count themselves among the lucky ones: some analysts, including McKnight, believe prices will soar up near \$1.50 in some parts of Canada.

JEREMY NOLAIS



Dallas Stars edge out Flames

Mike Cammalleri of the Calgary Flames tries to get the puck around Kari Lehtonen and Philip Larsen of the Dallas Stars during Sunday's game at the Saddledome in Calgary. Jamie Benn scored the game-deciding goal in a shootout to lead the Stars to a 3-2 win. Loui Eriksson had a goal and an assist for the Stars, who have gone 6-0-1 in their past seven games to climb to seventh spot in the Western Conference. Michael Ryder also scored for Dallas. Story, page 21.

Cougars on the prowl

Wildlife officials issue stern warnings for anyone heading to Canmore

PAGE 3

Could global warming spell the end of hockey?

New U.K.-based study says climate change is threatening Canada's favourite pastime

PAGE 4



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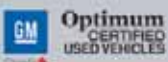
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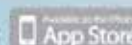
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Danger!

'Cougar conflicts' on the rise in Canmore area

Cougars are prowling closer to populated areas of a popular Alberta mountain getaway prompting stern warnings from wildlife officials.

Kim Titchener with Bow Valley Wildsmart said a recent report found the number of "cougar conflicts" in Canmore to be on the rise.

"We are seeing (more) people reporting that their dogs are getting attacked, we are seeing more cougars taking down kills (deer and elk) in the community," she said.

The most recent attack came late Friday as a dog owner was forced to fend off a feisty cougar attempting to prey on one of his dogs near the local Safeway.

Fish and Wildlife officials told reporters over the weekend that the big cat was last seen headed down Railway Avenue and had yet to be captured late Sunday.

Titchener said her group is constantly working to educate area hikers and others about the dangers they can face.

"They can be pretty unaware," she said. "Some are out there with iPods on, no bear spray, and their dogs running off-leash. It's a little crazy."

More information on how to prepare for and avoid cougar encounters can be found at wildsmart.ca.

JEREMY NOLAIS/METRO



For more local news visit metronews.ca/calgary

Chicken challenge. Poultry dispute heads to court

Feathers could be ruffled in a Calgary courtroom this week as a local resident argues in favour of raising animals — in his case, chickens — for food on one's property.

Paul Hughes was fined \$200 in 2010 for keep poultry in his Killarney backyard, a violation of the city's responsible pet ownership bylaw.

He will now launch a one-of-a-kind trial this week challenging the measure.

METRO



Chicken crusader Paul Hughes
METRO FILE

Weather. Flurries could make for rough ride home

Chances are it's snowing right now.

That's because Environment Canada is forecasting prolonged flurries for much of the day Monday that could inevitably lead to a slippery ride home, said severe weather meteorologist Ron Mark.

City plows were ready to go in anticipation of the blizzard Sunday and spokesperson Tara Norton-Merrin said officials were likely to meet to discuss the possi-

Accumulation

15

Environment Canada believes anywhere from 10-15 centimetres of snow could land in Calgary today. Areas north of the city could see as much as 30 centimetres.

bility of institution a snow route parking ban that could last up to 72 hours.

METRO

Court-seized weapons make 'wall of shame'

Security. Metal detectors installed at Calgary Courts Centre five years ago



JEREMY NOLAIS
jeremy.nolais@metronews.ca

There are your standard weapons — handguns, knives and brass knuckles of all sizes.

Your homemade weapons — socks filled with rocks, forks bent to fit around one's fist.

Then, there is your more unconventional arsenal — nunchucks, thin wires used to choke enemies and even a cane with a long blade hidden inside it would fall under this category.

Yes, despite the installation of metal detectors at the Calgary Courts Centre, dozens of individuals continue to bring in non-permissible items every day. Most of the time, it's a fork or steak knife in the bottom of a bag that someone forgot about, but every once in a while an

Safety

- **Seized.** Sgt. Tom Dabrowski said 30-40 non-permissible items are seized or refused at the Calgary Courts Centre each day. The majority of items are either held for evidence or destroyed.
- **On guard.** There are 80-110 security members stationed at the centre at any given time.

individual will be in possession of an item suitable for Sgt. Tom Dabrowski's "wall of shame."

"Personally, I don't know what's going through their minds," said Dabrowski, who has been stationed at the centre for three years and oversees perimeter security operations. "They know they are going to get screened.... Sometimes they will get caught and then face even more criminal charges."

Other paraphernalia, namely drug pipes and hollowed out items containing illegal substances, are also seized.



This "wall of shame" showcases just a few of the thousands of weapons seized at the Calgary Courts Centre since metal detectors were installed there five years ago. JEREMY NOLAIS/METRO



NEWS



On metronews.ca

NHL stars add their voices to movement fighting homophobia

First, it's Rick Nash. Then Duncan Keith, Brian Boyle, Matt Moulson, Joffrey Lupul, Claude Giroux, Daniel Alfredsson, Scott Hartnell, Corey Perry, Andy Greene, Dion Phaneuf and Henrik Lundqvist. As each of the NHL players repeats a simple message in a powerful public-service announcement released Sunday, they add their voice to a growing movement aimed at creating a level playing field in the sport, regardless of sexual orientation. Watch at metronews.ca/video

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Outdoor hockey may be history

Global Warming.

Since 1950, Canada's winter temperatures have increased by more than 2.5 C, says U.K. study

Canada's favourite pastime is on its way to being an indoor-only sport in some areas of the country, a new study warns.

The study, released Monday by United Kingdom-based IOP Publishing, says outdoor ice hockey in Canada is being threatened by climate change.

Lawrence Mysak, co-author of the report and a professor at McGill University in Montreal, said warmer winter temperatures caused by climate change are restricting the operation of ice rinks.

"We were able to see that in general, the rinks were being opened later and later over the last ... 50 years, and secondly that the length of the season has also shortened by ... one or two, sometimes three weeks," said Mysak.

Mysak fears the gradual warming of the earth could eventually cause outdoor hockey

Trend Forecast

"If we extend the trends into the future, there could be no outdoor skating with global warming taking place."

Lawrence Mysak, McGill University

ey to perish in several decades.

Regions that are being hit the hardest are the Prairies, southeastern British Columbia and southern Ontario and Quebec. The Maritimes and northern parts of the country did not see significant changes, he said.

"It's hard to imagine parts of the country that currently do enjoy outdoor skating not being able to do that at some point in the future," said Damon Matthews, co-author of the report and a professor at Concordia University in Montreal. "Outdoor skating, particularly hockey, is synonymous with Canadian culture. I think there's big cultural ramifications to this as well."

Mysak said the study began as a 2011 thesis by McGill masters student Nikolay Damyanov. **THE CANADIAN PRESS**

Climate Study

Researchers looked at 140 weather stations in Canada to calculate the annual start date and length of skating season.

- **Winter Months.** The study

looked at temperatures in January and February.

- **Length Decrease.** It found that many regions had less time for outdoor skating.



Reenactors relive battle history

Marvin Recker, 74, a great-grandson of William Caldwell, who fought in the Battle of Longwoods, fires his weapon yesterday during an anniversary ceremony at the battle site near Wardsville, Ont. The battle during the War of 1812 occurred on March 4, 1813. **DAVE CHIDLEY/THE CANADIAN PRESS**

Investigation. CSIS persists on work visits

Canada's spy agency considers surprise workplace visits to be a "legitimate investigative strategy" despite persistent public concerns about the practice, a newly disclosed policy memo says.

The memo surfaced recently related to a complaint lodged by an Ottawa woman who took exception to being visited by Canadian Security Intelligence Service officers at her office.

The previously secret document shows that CSIS makes

it a point to suddenly turn up at people's offices in order to intimidate them, said Paul Champ, the woman's lawyer.

CSIS personnel are trained and expected to be professional, courteous, respectful and discreet to the fullest extent possible, said Tahera Mufti, spokeswoman for the spy service. "We talk to many Canadians ... and by far these conversations are generally very cordial and frankly benign."

THE CANADIAN PRESS

Accident. Slab crashes at Montreal stadium

A giant concrete block fell today from the ceiling of an underground parking facility in Montreal's Olympic Stadium.

The city's fire department says no one was injured but they are concerned there could be more problems now that the structure has been weakened.

A security guard spotted the fallen slab — measuring eight by 12 metres — shortly after 3 p.m. and alerted emergency officials.

The incident at the old

home of the Montreal Expos is the latest sign of the city's crumbling infrastructure. It comes two weeks before the Montreal Impact was scheduled to play its first Major League Soccer game at the stadium.

Stadium officials say they are investigating the incident.

Last fall, the Quebec government invited residents to come up with proposals for what to do with the seldom-used, billion-dollar stadium.

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Putin wins Russia's presidential election

Politics. Independent observers allege fraud in nationwide vote

Vladimir Putin claimed victory in Russia's presidential election before tens of thousands of cheering supporters Sunday, even as the opposition and independent observers insisted the vote had been marred by widespread fraud.

At a massive rally just outside the Kremlin, Putin thanked his supporters for helping foil plots aimed at destroying Russia, sounding a nationalistic theme that has resonated with the prime minister's core supporters amid a wave of unprecedented protests.

"I have promised that we would win and we have won!" he shouted to the crowd, which responded with shouts of support. He said the vote showed the majority of Russians have rejected "political provo-



Vladimir Putin reacts at a rally of supporters after claiming victory in Russia's presidential election. IVAN SEKRETAREV/ THE ASSOCIATED PRESS

cations" by his opponents aimed at "destroying Russia's statehood and usurping power."

Putin tallied 58-59 per cent of the vote, according to exit polls cited by state television. Communist Party candidate Gennady Zyuganov received about 18 per cent, according to the surveys, and the others — nationalist Vladimir Zhirinovskiy, socialist Sergei Mironov and billionaire Mikhail Prokhorov — were in single digits.

Official vote results from the far eastern regions and Siberia, where the count

seemed already completed, seemed to confirm the poll data. With about 60 per cent of all precincts counted, Putin was leading the field with 65 per cent of the vote, the Central Election Commission said.

If thousands of claims of violations made by independent observers and Putin's foes are confirmed, they would undermine the legitimacy of his victory and fuel further protests by Russians exasperated with corruption, rising social inequality and tight controls over political life.

THE ASSOCIATED PRESS

A promotional poster for the TV show 'Canada's Got Talent'. It features four judges: David Duggan, Cheryl Burke, Simon Cowell, and Mel B. They are all smiling and looking towards the camera. The background is dark with a large red maple leaf on the left. The text 'CANADA'S GOT TALENT' is prominently displayed in the center, with a large star over the word 'TALENT'. Below this, the 'Citytv' logo is visible, followed by 'TONIGHT AT 7' and 'EVERYTHING & ANYTHING IS POSSIBLE'. At the bottom, there are social media icons for Facebook and Twitter, and the website 'CANADASgotTALENT.COM'. A small disclaimer at the bottom left reads: 'Canada's Got Talent™ is a trademark of FremantleMedia North America, Inc. and Simco Limited. © 2012 Insight - CGT Ltd. Based on the format created by Syco TV and talkbackThames. All Rights Reserved.' The Rogers logo is in the bottom right corner.

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Deaths mount in train crash

An aerial view taken from a paraglider shows the site of a train crash near the town of Szczekocin, southern Poland yesterday. Two trains collided head-on in southern Poland late Saturday, killing more than a dozen people and injuring more than 50.

GRZEGORZ MISIAK/THE ASSOCIATED PRESS

Explosion

Congo arms blast kills hundreds

Buildings collapsed in the Congolese capital after an arms depot exploded Sunday, killing at least 206 people and entombing countless others including inside a church, where dozens were attending mass, officials and witnesses said. A morgue in Brazzaville took in 136 bodies Sunday, as more continued to arrive.

THE ASSOCIATED PRESS

Kim Jong-un

N. Korea leader orders troops on high-alert

North Korean leader Kim Jong-un visited the heavily armed border with rival South Korea and ordered troops to be on high alert, state media reported Sunday, just days after Washington and Pyongyang agreed to a nuclear deal after years of deadlock.

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Enbridge pipeline crash. Two men killed, three others injured

Enbridge Inc. has shut down a pipeline that carries oil from Canada to the U.S. after two vehicles crashed through a fence outside Chicago and struck the pipeline, causing a fiery explosion, Saturday.

Police in New Lenox, Ill., say two men were killed and three others were injured. They were all in their 20s.

Enbridge spokeswoman Lorraine Little said the pipeline was shut down when sensors detected a drop in pressure. A second, undamaged line was

also shut down as a precaution. Little said the undamaged line has reopened, but Line 14 remains closed and likely won't be restarted until Thursday.

The line is 60 centimetres wide and carries various grades of crude from Canada, as well as oil from North Dakota. It normally transports 317,000 barrels per day.

New Lenox Mayor Tom Balderman said an oil leak was sealed. Officials said there should be no environmental impact.

THE CANADIAN PRESS

Geneva Auto Show. European car market over saturated: Analyst

As automakers prepare to roll out new models this week at the Geneva Auto Show — one of the major events in the automotive calendar — they are being forced to fight for a slice of an ever-shrinking European market stricken with austerity and recession.

Industry executives have estimated that Europe's car industry has the production capacity to build 20 per cent more vehicles than they are able to sell. Renault and Ford Europe are losing money in Europe — even when sales in emerging economies such as China help keep the compan-

ies in the black. Cars sales in Europe this year are forecast to decline by nearly 5 per cent to 12.9 million units, according to the Center for Automotive Research — down from 15.7 million in 2000. Gaining a competitive edge with new models and updated technologies may be part of the cure. But the tougher medicine will mean taking an axe to European factories.

"There are too many cars, and too many brands making similar cars. There is going to be lots of consolidation in the European market," said analyst Tim Urquhart.

THE ASSOCIATED PRESS



On Saturday, a representative of the Honda booth works next to a car prior to the opening of the 82nd Geneva International Motor Show in Switzerland, which runs March 8-18 showcasing more than 260 exhibitors and more than 180 world and European premieres. MARTIAL TREZZINI/KEYSTONE/THE ASSOCIATED PRESS

Market Moment



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NASDAQ
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S&P 500
1,369.63 (-4.76)

TSX
12,643.82 (-79.64)

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Environment

Conservatives scrap charity agreement

The Conservative government cancelled an agreement with a charity that supports environmental causes eight months after energy firm Enbridge Inc. lobbied against the deal, The Canadian Press has learned. The federal Fisheries Department said last September it would no longer use an \$8.3-million grant from the Gordon and Betty Moore Foundation, a U.S.-based environmental trust.

THE CANADIAN PRESS

Bank policy

Budget promises finally met

The Conservatives are making good on a two-year-old budget promise by ensuring banks can't hold personal cheques for more than four business days before freeing up funds. The change, which affects cheques under \$1,500, was announced on Sunday by junior finance minister Ted Menzies. The changes ensure that cheques worth less than \$100 must be cashed immediately in person or the following day if deposited in a bank machine.

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IT'S COOL TO SLEEP ON THE JOB IN CALGARY WEST



HIGH PLAINS DRIFTER
James Callen
calgary@metronews.ca

In my 30-plus years on the planet, I would wager that I've held some kind of employment for over half my life, from farming to driving a truck to five different radio stations — being at work is something I'm used to.

There's one thing in my 18 working years that I know you definitely don't do. No matter what, you do not sleep on the job.

Hitting the snooze button

It doesn't matter what your political stripe is, if you caught someone who worked for you sleeping on the job, you'd probably turf them.

Dozing off at work is essentially dereliction of duty. It means you're either so bored by the task at hand or do not value your occupation enough to get enough sleep the night before. At practically any workplace in North America, sleeping on the job would likely result in immediate termination or, at the very least, a strong warning.

Unless, of course, you happen to make your living as the member of the House of Commons for Calgary West and your name happens to be Rob Anders.

Last week, Anders, a Tory was accused of nodding off in a Veterans Affairs meeting in Halifax. The topic of discussion was addressing the needs of homeless veterans.

It doesn't matter what your political stripe is, if you caught someone who worked for you sleeping on the job, you'd probably turf them. Maybe not the first time out, but definitely the second go-around. However, Mr. Anders' employers — otherwise known as Calgary West voters — are now faced with the notion that their representative in Parliament, the man elected to best serve their interests in Ottawa, has now twice been caught napping on the job.

I get the conundrum. Calgary West voters are statistically a Tory-blue bunch. They want to support the party, but unfortunately for them the guy flying the CPC banner on your ballot snoozes on the job, once referred to Nelson Mandela as a terrorist, and, in 2010, watched as 24 members of his riding association resigned from their posts after attempts to replace him failed.

I'll be the first person to tell you that politicians can get away with a lot more than the average Canadian can while on the job. Expense accounts, plenty of time off and travel allowances make for a pretty cushy gig. The least they could do is stay awake while working for us, don't you think?

So, to the people of Calgary West, regardless of how you feel about politics, remember who's the boss and who's the employee the next time you go to the ballot box.

Weird news. You stole my heart, literally

Somewhere in Ireland, a burglar has the heart of a saint.

Officials at Christ Church Cathedral in Dublin said Sunday they're distraught and perplexed over the theft of the church's most precious relic: the preserved heart of St. Laurence O'Toole, patron saint of Dublin.

O'Toole's heart had been displayed in the cathedral since the 13th century. It was stored in a heart-shaped wooden box and secured in a small, square iron cage on the wall of a chapel dedicated to his memory.

On Saturday someone cut through two bars, pried the cage loose and made off with the relic.

"I am devastated that one of the treasured artifacts of the cathedral is stolen," said Rev. Dermot Dunne, the cathedral's dean. "It has no economic value but it is a priceless treasure that links our present foundation with its founding father."

Ireland's churches have suffered a spate of such robberies of irreplaceable, but also hard to sell, religious artifacts. **THE ASSOCIATED PRESS**

Move aside, American Idols



FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

Key West

Catch your breath for Conch Shell Blowing Contest

Claire Hurd blows a decorated conch shell during the 50th Annual Conch Shell Blowing Contest in Key West, Fla.

Smith and more than 50 other contestants were judged at the event that took place on Saturday.

THE ASSOCIATED PRESS

Tooting your own horn

"I'm all about preserving the heritage of my home town. This is just one small piece that I get to contribute to helping preserve that history."

Clinton Curry, 38

A seventh-generation Key Wester, who first blew a conch shell as a child, and took top honours at this year's festival

History

- The event drew more than 50 entrants, ranging from young children to seniors, who were judged on quality, novelty, duration and loudness.
- The contest was conceived by the Old Island Restoration Foundation, founded in 1960 to advocate the preservation of Key West's culture as well as historically significant buildings.

Tradition

It's called the Conch Republic

The fluted, pink-lined conch shell has been blown in Key West since the early 1800s, when seafaring settlers used it as a signaling device. Native-born islanders like Curry are commonly called Conchs, and the Florida Keys are known as the Conch Republic.

THE ASSOCIATED PRESS

Shamrock Shimmy set to turn St. Patrick's Day into gold

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

The "wearing of the green" is about to turn into gold for

Airdrie's new moms this St. Patrick's Day.

More than 250 members of the community will be celebrating at the Shamrock Shimmy, a dinner, dance and auction fundraiser benefiting the Airdrie Food Bank and its initiatives like food hampers, emergency packs, the Snack Attack and breakfast programs, and milk and formula for new moms.

"The demand for food support in our community has increased considerably in the last year," says Sue Methuen, the food bank's executive assistant. "With only 10 per cent of the Airdrie Food Bank's funds coming from government, we count on the businesses and the community to help us meet the needs of those in crisis." Hosted by event founders, Gabrielle and Mi-

chael Loughman, the Shimmy will offer participants a good time, as well as an opportunity to help those in need in their community.

CRAIG AND MARC KIELBURGER

E-mail us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

It's time for the networks to do a little spring cleaning on their prime-time lineups. Metro takes a look at five new shows to find what's in season and what's out of date.

AMBER RAY, METRO WORLD NEWS
scene@metronews.ca



Ashley Judd stars in *Missing* / HANDOUT

Missing: March 15, CTV

The plot: A former CIA agent tears through Europe in search of her son, whom she suspects has been abducted.

Smells like: Taken, with Ashley Judd in the Liam Neeson role.

Remember that scene in Taken? "I don't know who you are. But if you don't let my daughter go, I will find you. I will kill you," Neeson says. To what lengths is Judd's character willing to go in *Missing*?

"In a flashback, you see my husband and me working as CIA operatives together, and we are faced with some really wrenching moral dilemmas," Judd says. "[Now the question is, 'Will I potentially set aside my values and integrity in order to accomplish what seems to be a more precious goal, which is save my child?']"

5

TV shows for spring



A scene from *Magic City* / HANDOUT

Magic City: April 6, Starz

The plot: In late-1950s Miami, the swanky Miramar Playa Hotel plays host to everyone from Frank Sinatra to the CIA as Castro's army rises in Cuba. The series follows the drama surrounding the family (headed by Jeffrey Dean Morgan) that runs the resort.

Smells like: Mad Men with gangsters.

Magic City creator Mitch Glazer grew up in Miami Beach and says he's been "squirreling away" stories from this era to write into a show. "The cool thing was, besides the beauty and the glamour [of the '50s and '60s], there were also really amazing things happening in the world," Glazer says.

5



Kerry Washington / HANDOUT

Scandal: April 5, Citytv

The plot: Kerry Washington stars as a Washington, D.C., "fixer," the head of a crisis-management firm who can resolve any conflict — except those in her personal life.

Smells like: Grey's Anatomy in the capitol

Grey's Anatomy creator Shonda Rhimes strips her trademark female lead of scrubs and transports her to D.C.

"I love my shows that have stethoscopes in them," says Rhimes, who also created Private Practice. "This is just a different story. My shows are not necessarily medical shows or political shows. They're shows about strong, smart women and flawed, interesting people."



Kiefer Sutherland stars in *Touch* / HANDOUT

Touch: March 22, Global

The plot: Kiefer Sutherland plays Martin, a widower struggling to provide for his emotionally challenged mute son, Jake, who has the ability to see patterns that connect everything in the world.

Smells like: Heroes meets Crash.

Tim Kring, the mastermind behind Heroes, is the creator of Touch. "In terms of Jake's character being like a character on Heroes," Kring says, "we probably had some characters that had various abilities that would be kind of in that [same] category..."

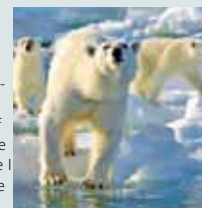
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Frozen Planet: March 18, Discovery

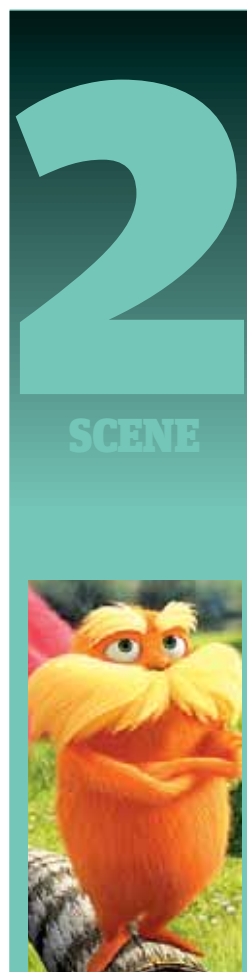
The plot: This documentary from the team behind Planet Earth uses its incredible filmmaking technology to capture an unprecedented glimpse of life at Earth's polar regions.

Smells like: Planet Earth on ice.

"We were really motivated as a team to go and create this kind of ultimate portrait of the polar regions, because I think everyone's aware that there's a lot of change going on," says series producer Vanessa Berlowitz, referring to global warming. "In some ways, we feel that this series may be a last chance to see these great wildernesses on our planet before they change forever. I hope that's going to be the legacy of the series."



Frozen Planet / HANDOUT



Box office

- 1 Dr. Seuss' *The Lorax*, \$70.7 million
- 2 Project X, \$20.8 million
- 3 Act of Valor, \$13.7 million
- 4 Safe House, \$7.2 million
- 5 Tyler Perry's *Good Deeds*, \$7 million

JOHN HAMM, JON HAMM, MAYA RUDOLPH, KRISTEN WIIG, JENNIFER WESTFELDT, SCOTT WICKSTEDT, KAREN WILK, AUBURN O'BRYEN, JOE BLANK

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 Colombia.....3.9 €/min	 Mexico.....1.9 €/min	 U.A.E.....14.9 €/min		
 Cuba.....89.9 €/min	 Pakistan.....5.9 €/min	 U.K.....2.9 €/min		
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Rihanna says she's not dating Chris Brown, and being single sucks

Despite rumours that she and Chris Brown have been reuniting, Rihanna insists that she's not dating anyone — and it's driving her crazy.

"I am a single lady. This is not something I enjoy. Single life is so overrated," she tells Jonathan Ross during an interview for his U.K. talk show.

"You always want to be single when you are in a relationship, but trust me it is no bueno." **METRO**

Rihanna reacts to rumours

"I am a single lady. This is not something I enjoy. Single life is so overrated."

Rihanna



Zac Efron talks about his embarrassing moment on the red carpet

Zac Efron came clean about a condom falling out of his pocket on The Lorax red carpet when pressed by the Today show's Matt Lauer on the topic.

"I never had a pocket-checking policy prior to going onto the red carpet before. But now we fully instated one," Efron joked.

The topic of conversation caused both men to blush and giggle, with Efron teasing Lauer back, "It was really hard for you to say" before agreeing that the importance

of being safe is "a great message."

METRO



Arnold and Maria caught playing happy family

Despite separating last year, Maria Shriver appears to be looking to reconcile with Arnold Schwarzenegger, according to the New York Post.

"Arnold and Maria are having marriage counselling to work through their issues to get back together," a source says.

"Maria is a devout Catholic and doesn't believe in divorce, but is still struggling with the humiliation she

endured by him."

It was revealed last year that Schwarzenegger had fathered a 13-year-old child with a housekeeper, prompting Shriver to dump him.

Other sources have said the counselling rumours aren't true, but Schwarzenegger and Shriver were spotted having lunch together before doing some furniture shopping in Santa Monica, Calif., last week.

METRO



Nick Cannon scales back his activities after a few health scares

Nick Cannon is opening up about his recent trips to the emergency room.

"It's a lot of stuff, but it's all in order now," Cannon tells People magazine. "They kind of say [my] autoimmune [disease] is — like a lupus type of thing, but no one else in my family has it."

Cannon was first hospitalized for "mild kidney failure" in January, and then again a few weeks later because of a blood clot in his lungs.

"The blood clot thing was probably the scariest because I've known people who have passed away from that," Cannon says.

His doctors' advice? Quit some of his numerous jobs — like his gig hosting a New York radio show, which he recently gave up. "I'm just trying to make sure I put my health first," he says.

METRO



From actress to addict:

Can Lindsay really make a comeback?



THE WORD
Dorothy Robinson
scene@metronews.ca

Do you remember Lindsay Lohan when she was a talented child actress, before the puffy face and handcuffs?

We're struggling. The 25-year-old is now better known as an addict than as an actress, but has the combination of jail time, therapy

Fame at a young age

Like other troubled former child stars (see: Drew Barrymore, Corey Haim, Corey Feldman, Britney Spears, to name just a few), Lindsay's unusual upbringing may have contributed to her current problems.

- **Lost childhoods.** "Child stars often become 'adult children' with highly stressful responsibilities. As young adults they sometimes attempt to re-capture their lost childhoods by acting out and behaving in self-destructive ways, which may be one of the reasons Lindsay has been so troubled," explains Gaba.

and community service at a morgue finally made her come to her senses?

Psychotherapist Sherry Gaba has doubts over Lohan's sobriety. "When a person is sober, they usually know their sobriety date without question. She did not give it in her most recent interview, so I am not so sure that she is," says Gaba of last week's chat with Matt Lauer for The Today Show.

On the other hand, Lohan's career seems to be back on track and she's being tipped for the coveted role of Elizabeth Taylor in the upcoming Elizabeth and Richard: A Love Story, provided she behaves.

"Getting and staying sober is a one day at a time program," says Gaba.

"Lindsay will need to continue to stay close to a recovery program that will need to include 12-step meetings, a sponsor, and possibly psychotherapy to deal with the underlying issues that have led to her numerous relapses."

Gaba believes there is no guarantee that Lohan will stay clean forever. "Only if she is willing to make her recovery her number one priority will she have an excellent chance of living a fulfilling and sober life."

ROMINA MCGUINNESS WROTE TODAY'S EDITION OF THE WORD.



Lindsay Lohan / ALL PHOTOS GETTY IMAGES

What's the long-term solution for Lindsay?

"What she needs is relationships with people who have her back and bring out the best in her; not drag her down in their chaos."

Psychotherapist Sherry Gaba

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If the YouTube videos are staged, what are the implications for the child? / ISTOCK

When funny kid videos may be fake

YouTube. Every week, a new video appears online with a child doing something wacky or unique. But are they staged?



On YouTube, you'll find many adorable videos of kids singing Twinkle Twinkle Little Star, but one of them, titled Girl Singing With Her Mouth Closed funny hidden talent, has suddenly scored more than 420,000 views — and a number of negative comments.

"Wait, was that real?" asked one — as in, is it possible to sing with one's mouth closed?

"Fake," said another. "Fake but funny."

"It's real!" said one more. Thirty-one pages of debate followed. Mary Napoli understands the uploader's pain.

She posted a video called Family Home Destroyed By Avalanche — Children To Blame, which reportedly showed her two sons blanketing her home in a five-pound bag of flour while she was in the bathroom.

Although the video was supposed to be for friends and family, it ended up getting almost four million views on YouTube — and plenty of negative responses from people who claimed it was a fake.

Her family even appeared on the Today Show on NBC to debate the authenticity of the video.

"I had people pinpointing, 'Oh she has flour on her pants,' and freeze framing the whole thing," she said to Metro.

"Honestly, it was almost mostly negative feedback," Naopli added.

"I had huge emotional problems over it."

"I was just doing it for family. I definitely have tougher skin for it."

She still maintains it is authentic.

Dr. Bonnie Eaker Weil, a New York City psychotherapist and author of Make Up, Don't Break Up, said that parents may be harming their children by falsifying a clip, especially if that child becomes an online celebrity.

"You can be teaching a child that lying and fabricating is OK," she said.

"They can grow up and become narcissistic and learn how to manipulate."

It also makes them feel that the only way to be loved is to get attention in these ways," Weil explained.

Bashar Akhtar is another parent accused of fabrication. His son and daughter became stars after their video — of his son Faris' shocked face after he found out that Darth Vader was Luke's father — received more than 3 million views.

"Nasty comments were posted," he said, but maintains the video is true, and can prove it.

"I don't think Faris or Shazia are that good actors!" he protests.

"He loves Star Wars — and keeps trying to Jedi Mind trick his sister."



Sings with mouth closed? / YOUTUBE



Plays with flour? / YOUTUBE



Shocked by Empire? / YOUTUBE

Negative comments

'That boy is ugly!'

Parents, be careful what you post, and what your kids read about themselves. Negative comments, especially those about appearance, can have adverse affects on children who may not understand the difference between reading comments online and real-world critique.

"Three million people are judging you. People can be mean and sadistic," said Naopli.

"What you want to do as a parent is talk about the bullying that happens on YouTube," she said.

3 LIFE

Laundry evolution

New Tide

It took eight years, 450 product sketches, 6,000 customer tests and hundreds of million of dollars for Procter & Gamble to create something that it hopes will not be destroyed in the wash.

Tide Pods are palm-size, liquid detergent-filled tablets that are designed to be tossed in the washer to take thaa measuring cups — and messiness — out of laundry. The company says they'll hit stores next month.



Shocked by Empire? / YOUTUBE

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He's thinking outside of the box, and his colleagues couldn't be happier

Recession to redemption. Robert Meggy is finding a wealth of happiness in building a friendly, familial workforce



TURNING POINT
Teresa Kruze
life@metronews.ca

Robert Meggy is an account-

ant by profession but as a businessman he knows how to weather an economic downturn. In 1982, Meggy bought the Great Little Box Company in Vancouver just before the recession took the knees out of the economy. His sales numbers plummeted overnight.

"It was like someone had turned off the tap. During the day I'd be operating the machines and answering the phone and at night I'd write up the orders when we had them. It was an ugly time and



Robert Meggy is the president and CEO of the Great Little Box Company / PROVIDED

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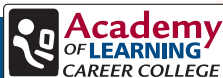
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I lost 15 pounds."

Meggy weathered the storm (and other recessions to follow) and today his company employs 250 people and is on target to make \$40 million in 2012. Meggy credits his success with assembling the right team.

"I run it like a group of friends and I walk around the plant every week and talk to as many as I can. We set yearly goals and measure progress every month. When you run an open book employees care more. Enjoy the people you work with because it makes a huge difference."

From this accountant, that is advice you can take to the bank.

Budding business builders take heed!

Robert Meggy offers his advice to aspiring entrepreneurs:

- **People are your number one asset.** We conduct seven to eight interviews for each person we employ. You will make or lose \$50,000 to \$100,000 depending on who you hire.
- **Encourage feedback from your employees.** One thing employees really want is recognition and appreciation. We encourage one-on-one meetings with supervisors.
- **Measure everything.** Track the number of sales and cold calls. We measure machine speeds and how many pieces are made per hour. It all translates into efficiency and success.
- **Set yearly goals and measure them every month.** Have you ever met a golfer who doesn't keep score? It's no different for a company. If you measure and track everything you'll care more and have more interest in your company.
- **Protect your cash.** Cash is king and only the lack of it can take down a company. Protect your cash and have a backup.

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Knowing your French is in fashion

Knowledge à la mode. One stylish, former student speaks to the importance of adding an extra language to a résumé



"Qui parmi vous parle française?" It was the first question posed to us on the first day of class.

The last word was stressed with typical Parisian repudiation, as if to welcome us and dismiss us simultaneously. The school director, well into her 70s, stood at the front of the class, lit a cigarette and waited for the response.

Of the hundred or so students assembled in the room, only a handful raised their hands. A few more then followed until just over three quarters of the room had raised their hands. Of the little French I had, all of it I had learned in Montreal.

Before moving to Paris, I moved to Montreal to enroll in a fashion design program and to pick up as much of the language as I could. I could barely order a cup of coffee without garnering a smile from the girl behind the counter when I first moved to Montreal. Yet it seemed everywhere I went, people switched effortlessly between the two languages. It was truly something to admire and something to strive toward.

Street signs, television, radio — everything became a method of instruction. Most helpful were the free newspapers distributed in the subway. My goal was five new words a day. I would



Can you read what's written here? Perhaps it's time to learn. / ISTOCK

Bilingual bonus

"I believe that we Canadians are extremely fortunate to have the two most predominant languages of the fashion industry at our fingertips. Time and again I have seen Canadians rise to top positions within the industry with proficiency in these two languages playing a critical role."

Paul Davis, fashion designer

figure out what they meant, write them on my hand and try to use them in conversation. That first day of school in Paris, I raised my hand. Admittedly not straight in the air, but it was a defining moment, nonetheless.

Over the next few months, however, I came to realize that my mother tongue would be just as important.

The school I attended

was well-known for its connections within the fashion industry. All the major French fashion houses turned to this school first for interns, short-term work placements and to help out with fashion shows and showrooms — the sort of connections that every young designer hopes for. But for all these opportunities, it was a question of English.

"Est-ce que vous parlez couramment l'anglais?"

I believe that we Canadians are extremely fortun-

ate to have the two most predominant languages of the fashion industry at our fingertips. Time and again I

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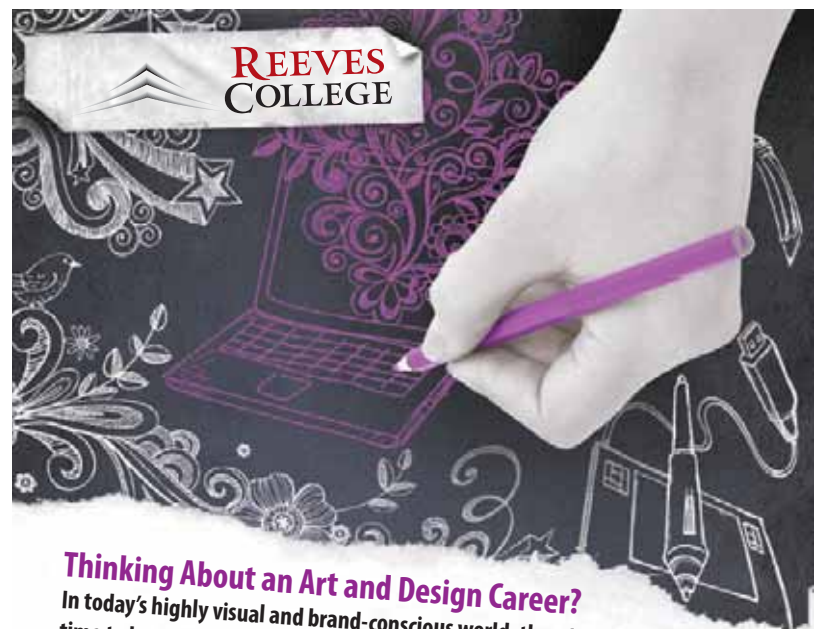
Words of wisdom

Do you want to pursue second-language learning in university?

The Office of the Commissioner of Official Languages' (OCOL) online map of Canadian universities, Two Languages, a World of Opportunities, provides information on opportunities offered in various institutions across the country.

For more information, visit officiallanguages.gc.ca.

have seen Canadians rise to top positions within the industry, with proficiency in these two languages playing a critical role. The true scale of Canadian talent has not yet been seen on the international stage, and I strongly believe that language will be a vehicle that will enable this to happen. **NEWS CANADA**



Thinking About an Art and Design Career?

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Fight crime on the front line with training from Columbia College.

The Alberta Basic Security Training course will have students ready for

careers in the field of security, loss prevention or even patrol dog handlers.

"The Alberta Basic Security Training is designed to help individuals gain con-

fidence in their abilities and to prepare them to meet the challenges of working in security," says Laura Trettwer, program co-ordinator of the Alberta Basic Security Training at Columbia College.

"The training helps prepare individuals to write a provincial exam in order to become a licensed security professional."

This 40-hour course consists of seven modules, with each module dealing with specific topics.

Students will get an introduction to the security industry, learn the Canadian Legal Systems and Security Professionals, learn basic security procedures and communication for security professionals.

Other modules include: Docu-

mentation and evidence; emergency response procedures for security professionals; and health and safety for security professionals.

Trettwer says there is a high demand for trained professionals in this field.

"According to the Alberta government's wage info, 81 per cent of employers have recruited in the last two years; 48 per cent experience hiring difficulties; and 14 per cent had unfilled vacancies for over four months," says Trettwer.

Students can choose from classroom or online training. Applications are now being accepted, with the next intake beginning March 5.

For more information about the Alberta Basic Security Training course, visit columbia.ab.ca or contact Laura Trettwer at 403-235-9321.

— Candice Ward

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WE ALL PAY THE PRICE

YOU CAN REDUCE INSURANCE FRAUD BY BEING VIGILANT

When someone cheats, everyone pays.

When you buy insurance for your home, car or business, you put your money into a pool with many others to help the few who suffer financial hardship because of tragedy, such as fire or a car crash.

But what happens when criminals or cheaters take more than their share? Or even fake the whole event? We are all forced to pay more. It isn't fair — but it's a reality.

The Insurance Bureau of Canada (IBC), in partnership with member insurers, works to investigate and identify suspected fraudsters. Just this year, the leader of a crime ring who staged a dozen collisions and defrauded insurance companies of approximately \$1.5 million pleaded guilty in a Toronto court.

A collaborative effort between IBC, insurance companies, police and dedicated prosecutors connected the dots, allegedly linking body shops, towing



ISTOCKPHOTO/THINKSTOCK

companies and medical and rehabilitation clinics operating this scam.

While organized crime gets the press, many other forms of insurance fraud occur on a smaller scale, but still add up to millions of dollars. Because insurance is paying during these schemes, shady medical facilities often

bill for services never provided to a collision victim, or a contractor might pad a repair estimate for property damage. The person making the claim may not even recognize that he or she is part of a scam. But they are.

And then there is the smallest — and most pervasive — insurance crime of

IT'S A CRIME TO:

- Make a claim for items not stolen or for items of higher value than those stolen.
- Include pre-collision damage in a claim.
- Exaggerate injuries to collect benefits.
- Make a claim for an event that never happened.
- Offer or accept "free" treatment for an injury unrelated to a collision.
- Charge an insurer for treatments that never happened.
- Encourage anyone to participate in insurance fraud.

all. Your neighbour's garage gets broken into and he starts bemoaning the loss of his high-end tools, although you could have sworn the drill you borrowed was the cheapest on the market. Lying on an insurance claim may not seem as bad as staging a collision or over billing, but it's all insurance fraud. And it costs everyone money.

You can reduce fraud by being vigilant and willing to speak up. If you are in a collision, be aware that everyone involved may not be above board. And if you suspect fraud, call IBC's tip line (it's anonymous). After all, fraudsters are stealing from the same pool that contains your hard-earned cash.

Insurance fraud costs *everyone*

.....including you



Report it *anonymously*, toll-free, 24/7

1-877-422-8477

or submit a *confidential* tip online at

www.ibc.ca

IBC  BAC

Making snack time even more impressive just got easier



This recipe makes 48 wontons. THE CANADIAN PRESS H/O

Spiced Avocado Wontons. These crispy bite-sized eats will make great appetizers for any entertaining occasion

1 Place olive oil in skillet over medium high heat. Add onions and cook,

stirring often, until softened, about 4 mins. Add cumin, salt, chili powder, cayenne and cinnamon. Stir to combine and let cook for 1 min.

2 Add ground beef and cook, stirring often, until browned 5 mins. Add red peppers and cook for another minute, breaking up bigger pieces of meat with a wooden spoon. Remove from heat.

Sprinkle lime juice over avocado and add to meat mixture. Stir gently to combine.

3 Place equal amounts of meat mixture in the centre of each wonton wrapper, about 5 ml (1 tsp) each.

4 Dip fingers in water and moisten edges of wonton. Fold wonton over to form a triangle, pressing edges to seal. Repeat with remaining wrappers and meat mixture.

5 Place 5 cm (2 inches) of oil in a medium saucepan. Place saucepan over medium heat. Working in batches, carefully put 5 or 6 wontons in oil and cook until golden about 40 seconds. Turn and cook another 30 to 40 seconds. If wontons get brown too quickly, lower heat a little bit.

6 Remove wontons from oil with a slotted spoon. Let drain on paper towels before serving the dipping sauce.

7 Place avocado, sour cream, lime juice and

zest in the work bowl of a food processor and blend until very smooth. **THE CANADIAN PRESS/ HASS AVOCADO BOARD**

Ingredients

- 15 ml (1 tbsp) olive oil
- 125 ml (1/2 cup) diced onion
- 1 ml (1/4 tsp) ground cumin
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) chipotle chili powder
- 0.5 ml (1/8 tsp) each cayenne pepper and ground cinnamon
- 250 g (1/2 lb) ground beef
- 160 ml (2/3 cup) finely diced red bell pepper
- 15 ml (1 tbsp) lime juice
- 1 ripe fresh avocado, peeled, seeded and finely diced
- 50 count package wonton wrappers
- 50 ml (1/4 cup) water

Dipping Sauce

- 2 ripe, fresh avocados, peeled and seeded
- 250 ml (1 cup) low fat sour cream
- 30 ml (2 tbsp) lime juice (or to taste)
- zest from 2 limes, optional

Healthy eating

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Chinese soups are delicious options for those craving something warm on a cold day. Watch for what's in the soup before you choose.

Wonton soup

452 calories/ 17 g fat

The chicken broth is fine but the pork dumplings count in the fat and calories of this common Chinese soup.



Equivalent

10 oz. pork tenderloin in calories

Jus one bowl of Wonton soup will cost you a lot in calories.



Egg drop soup

182 calories/ 9.5 g fat

Even if two eggs are used in this soup, that would only account for 150 calories and about 8 gm of fat.



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Brew from a can or brew from a bottle?

What's better for the environment—beer in cans, or bottles?
Dave of Halifax



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Locally made beer in a glass bottle is better.

If your favourite beer is made in a land far, far away, choose cans. But two other options exist: 1) a draft at a local pub (maybe at a Green Drinks event?) or, 2) a local and organic brew.

According to the federal government, the brewing industry maintains a good environmental record. But what does that mean?

Thanks to provincial bottle return deposit systems, minimal quantities of packaging end up in municipal landfills. The national average for recycled glass bottles is 97 per cent and they're reused 15 to 20 times. Aluminum can recovery rates are lower, about 80 per cent.

Apparently our Canadian



Whatever you choose — choose sustainability / ISTOCK PHOTO

marketplace is characterized by high bottle usage due to consumer preference, environmental regulations and industry systems to facilitate re-use. Some provinces even impose a levy or a deposit on non-reusable containers (i.e., cans) to deter their use.

But cans are lighter, right? Yes. And that means transportation emissions are lower. Most cans contain about 40 per cent recycled aluminum, which is also good news. Recycled aluminum requires 95 per cent less energy and produces 95 per cent less greenhouse

gas emissions than manufacturing new aluminum.

Another point for glass is that canned beverages — beer, pop, infant formula, — leach bisphenol-A (BPA) from their protective metal linings. BPA is a human-made chemical linked to breast and prostate cancer, and many more health concerns.

Finally, keep your eyes peeled for certified organic beers. Sustainability runs deep with many companies that compost, use rain barrels and even power their operations with renewable energy. Always recycle bottles and cans.

Another shootout, another Flames loss

NHL. Team forces overtime against Stars, but has to settle for a single point, leaving them three back of 8th

The Dallas Stars moved one step closer to making the playoffs for the first time since 2008.

Jamie Benn scored the game-deciding goal in a shootout to lead Dallas to a 3-2 win over the Calgary Flames on Sunday.

"We're just playing simple hockey and coming together as a group to win these games and that's what we need right now," Benn said. "Definitely coming down the stretch, we need as many points as we can get and we're getting them."

Loui Eriksson had a goal and an assist in regulation and also scored in the shootout for the Stars (35-26-5), who have gone 6-0-1 in their past seven games to climb to seventh spot in the Western Conference.

"We haven't been in the playoffs for a couple years," Eriksson said. "Definitely we need to step up here. We've been playing really well lately. It's so tight in the conference. Every game is huge for us. We need to win every one here, so we have to keep going."

Michael Ryder also scored for Dallas. Kari Lehtonen made 36 saves in the Stars' net to record his 26th win of the season and he drew an assist on Eriksson's short-handed goal in the second period.

"It was an exciting game and more work than last game against the Oilers," said Lehtonen, who made 19 saves

Sunday's game

3

STARS

2

FLAMES

Friday night in a 3-1 win over the Edmonton Oilers.

Lehtonen gave credit to the Flames (29-25-12) for pushing hard to tie the game to force overtime and the shootout.

"These guys came really hard and there was a lot on the line," he said. "That just makes it more exciting. When you're able to help your team it feels good. Hopefully we can keep doing that."

Curtis Glencross and Jarome Iginla scored for the Flames, who have lost two straight and three of their past four.

"It hasn't been easy losing those shootout games," said Iginla in regards to Calgary's 3-7 record in shootouts this season. "I honestly do feel they can go either way. We need to keep going, moving forward and work on getting the next game."

By gaining a point, the Flames are now three points behind the San Jose Sharks (33-24-7) for the eighth and final playoff berth in the Western Conference.

"We've been walking a fine line," said defenceman Cory Sarich. "We've done a lot of really good things, but then it's the couple mistakes that bite you and then it's kind of back to square one. We're trying our best to make sure we tip on the right side of that line. It's been a bit of a struggle."

THE CANADIAN PRESS



Stars forward Vernon Fiddler crashes into Miikka Kiprusoff. JEFF MCINTOSH/THE CANADIAN PRESS

World Cup slalom. First win in over forty years

No one saw it coming. Not even Erin Mielzynski, who delivered the race of her life Sunday to give Canada its first World Cup slalom victory in more than four decades.

"It's a little slice of heaven right now," said Mielzynski. "Right now I don't want the day to end. It's surreal."

The 21-year-old from Guelph, Ont., had never placed higher than 13th on the World Cup circuit but used a strong second run to deliver a breakthrough performance.

In the process, she became the first Canadian woman to win a World Cup slalom race

Winning time

1:53:59

Mielzynski's two-run total was one minute 53.59 seconds. Resi Stiegler of the United States finished second.

since Betsy Clifford in 1971.

"Today my goal was just to ski like I do in training," said Mielzynski. "I was a little nervous to do that because it's a little different than the way I race. I think that made the difference. I kind of let go of everything else and it was just me and the course."

THE CANADIAN PRESS

Curling championships

Alberta joins Nova Scotia with a perfect record

Alberta's Kevin Koe joined Nova Scotia with three wins at the Canadian men's curling championship Sunday.

Koe thumped Quebec's Robert Desjardins 9-2 to finish the day 3-0.

Nova Scotia's Jamie Murphy beat B.C.'s Jim Cotter 5-3 earlier for a third straight victory.

Meanwhile, Ontario's Glenn Howard earned a 6-5 extra-end win against Brad Gushue of Newfoundland and Labrador.

THE CANADIAN PRESS

Spring training

Bedard struggles against Blue Jays

Erik Bedard struggled with his control Sunday in a rough spring training debut with the Pittsburgh Pirates.

The left-hander from Ottawa gave up two runs in two innings in an 8-5 loss against the Toronto Blue Jays.

Bedard hit the first batter he faced, gave up a double to Travis Snider, walked two and struck out one.

Snider was 2-for-4 with 3 RBIs for the Jays. Blue Jays left-hander Aaron Laffey had a 1-2-3 first inning. THE ASSOCIATED PRESS

Football

NFL to continue investigating bounties

The NFL plans to keep looking at plays from recent seasons after a league investigation found the New Orleans Saints paid bounties to players for knocking opponents out of games.

League spokesman Greg Aiello said in an email to The Associated Press on Sunday the NFL will be "addressing the issues raised as part of our responsibility to protect player safety and the integrity of the game."

THE ASSOCIATED PRESS

4

SPORTS



Golf

"It was tough today, especially seeing Tiger make a charge."

Rory McIlroy, who held on to win the Honda Classic despite a late push from Tiger Woods. Woods had a birdie-eagle finish for a 62 — his lowest final round ever — to get within one shot of the lead.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	64	42	15	2	5	179	133	91	22-7-0-2	20-8-2-3	6-2-1-1	W1
d-Boston	64	38	23	1	2	209	150	79	19-12-1-3	19-11-0-1	4-5-0-1	L2
d-Florida	65	31	22	5	7	163	184	74	16-9-1-7	15-13-4-0	4-5-0-1	W1
Pittsburgh	64	38	21	2	3	207	167	81	20-8-2-0	18-13-0-3	8-2-0-0	W5
Philadelphia	64	36	21	2	5	210	191	79	15-10-1-4	21-11-1-1	5-5-0-0	W2
New Jersey	65	36	24	2	3	180	175	77	16-12-0-3	20-12-2-0	5-4-1-0	L1
Ottawa	67	34	25	6	2	202	198	76	17-13-2-1	17-12-4-1	6-3-1-0	L2
Winnipeg	66	31	27	4	4	173	186	70	20-10-1-3	11-17-3-1	5-3-1-1	W1
Washington	65	32	28	2	3	172	184	69	21-10-0-2	11-18-2-1	4-6-0-0	L2
Tampa Bay	65	31	28	3	3	184	219	68	20-9-1-1	11-19-2-2	7-3-0-0	W4
Buffalo	65	30	27	4	4	162	183	68	16-11-3-4	14-16-1-0	6-2-1-1	W3
Toronto	65	30	28	4	3	194	201	67	16-12-3-2	14-16-1-1	2-7-1-0	W1
NY Islanders	66	28	29	6	3	154	190	65	15-14-5-0	13-15-2-2	4-5-1-0	W2
Carolina	65	24	27	8	6	171	197	62	17-13-1-5	7-14-7-1	4-2-2-2	L2
Montreal	66	25	31	2	8	170	184	60	12-15-2-6	13-16-0-2	2-7-0-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	66	41	17	1	7	209	161	90	19-7-0-4	22-10-1-2	6-2-1-1	L1
d-St. Louis	66	41	18	1	6	169	131	89	26-1-1-3	15-14-0-3	7-3-0-0	W1
d-Phoenix	65	33	23	3	6	170	165	75	17-12-2-2	16-11-1-4	7-2-0-1	L2
Detroit	66	43	20	1	2	209	153	89	22-4-1-1	16-16-0-1	6-3-0-1	L1
Nashville	65	38	20	3	4	184	166	83	21-7-2-3	17-13-1-1	6-2-0-2	W1
Chicago	67	36	24	4	3	202	195	79	22-7-1-3	14-17-3-0	7-3-0-0	W3
Dallas	66	35	26	1	4	174	178	75	18-10-0-3	17-14-1-1	7-1-1-1	W2
San Jose	64	33	24	4	3	179	163	73	19-11-2-0	14-13-2-3	2-7-1-0	L2
Los Angeles	65	30	23	5	7	142	139	72	17-13-0-4	13-10-5-3	4-4-1-1	W2
Colorado	67	34	29	3	1	171	180	72	18-10-0-1	16-14-3-0	6-4-0-0	W1
Calgary	66	29	25	5	7	159	181	70	16-9-1-4	13-15-4-3	3-2-2-3	L2
Anaheim	66	28	28	4	6	166	186	66	17-14-2-0	11-14-2-6	5-4-0-1	L1
Minnesota	66	28	28	2	8	143	180	66	15-12-1-3	13-16-1-5	3-5-0-2	L4
Edmonton	64	25	33	2	4	170	192	56	16-13-2-2	9-20-0-2	4-5-1-0	L2
Columbus	65	20	38	2	5	153	214	47	11-18-1-2	9-20-1-3	4-5-1-0	W2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results

Florida 4 Ottawa 2

Dallas 3 Calgary 2 (SO)

N.Y. Rangers 4 Boston 3

N.Y. Islanders 2 New Jersey 0

Chicago 2 Detroit 1

Philadelphia 1 Washington 0

Colorado 2 Minnesota 0

Saturday's results

Toronto 3 Montreal 1

Buffalo 5 Vancouver 3

Columbus 5 Phoenix 2

Los Angeles 4 Anaheim 2

Nashville 3 Florida 1

N.Y. Islanders 3 Boston 2

Pittsburgh 5 Colorado 1

St. Louis 3 San Jose 1

Tampa Bay 4 Carolina 3 (OT)

Tonight's games

(All times Eastern)

Phoenix at Pittsburgh, 7 p.m.

Buffalo at Winnipeg, 8 p.m.

Edmonton at Anaheim, 10 p.m.

Tomorrow's games

Boston at Toronto, 7 p.m.

N.Y. Rangers at New Jersey, 7 p.m.

Detroit at Philadelphia, 7 p.m.

Carolina at Washington, 7 p.m.

Phoenix at Columbus, 7 p.m.

Ottawa at Tampa Bay, 7:30 p.m.

Chicago at St. Louis, 8 p.m.

Los Angeles at Nashville, 8 p.m.

Minnesota at Colorado, 9 p.m.

Montreal at Calgary, 9 p.m.

Dallas at Vancouver, 10 p.m.

Edmonton at San Jose, 10:30 p.m.

Penalties — Fistic Dal (interference) 13:19,

Calgary bench (too many men; served by Jackman) 17:47.

Third Period

4, Calgary, Iginla 25 (Cammalleri, Tanguay)

8:00

Penalty — Moss Cal (goaltender interference)

5:18.

Overtime

No Scoring.

Penalty — Cammalleri Cal (hooking) 2:11.

Shootout

Dallas wins 2-0

Dallas (2) — Benn, goal; Eriksson, goal.

Calgary (0) — Jokinen, miss; Tanguay, miss.

Shots on goal by

Dallas 9 15 12 4—40

Calgary 13 10 13 4—38

Goal — Dallas: Lehtonen (W,26-15-4); Calgary: Kiprusoff (L,28-19-8).

Power plays (goals-chances) — Dallas: 1-3; Calgary: 0-3.

Attendance — 19,289 (19,289).

SATURDAY

MAPLE LEAFS 3, CANADIENS 1

First Period

1. Montreal, Cole 23 (Deshamais, Pacioretty)

7:16

Penalties — Brown Tor, Staubitz Mtl (fighting)

10:23.

Second Period

2. Toronto, Frattin 6 (Kessel) 6:30

Penalties — Schenn Tor (tripping) 15:43,

Leblanc Mtl (holding) 19:40.

Third Period

3. Toronto, Grabovski 19 (McArthur) 11:45

4. Toronto, Grabovski 20 (Frattin) 19:07 (pp)

Penalties — Pacioretty Mtl (goaltender interference) 7:20, Cole Mtl (interference) 19:01,

Connolly Tor (slashing, roughing), Subban Mtl (roughing) 20:00.

Shots on goal by

Toronto 13 12 17 5—42

Montreal 7 10 5 2—22

Goal — Toronto: Gustafsson (W,17-13-2);

Montreal: Price (L,23-25-9).

Power plays (goals-chances) — Toronto: 1-3;

Montreal: 0-1.

Att. — 21,273 (21,273) at Montreal.

SABRES 5, CANUCKS 3

First Period

1. Buffalo, Leino 5 (Kaleta, Gerbe) 0:55

2. Buffalo, Leino 6 (Kaleta, Myers) 3:44

3. Buffalo, Boyes 5 (Tropp) 5:10

Penalty — Rome Vcr (illegal check to the head)

13:39.

Second Period

4. Vancouver, Booth 12 (Burrows, Bieksa)

15:37

Penalties — Kaleta Buf (goaltender interference) 7:34, Vancouver bench (too many men;

served by Kassian) 8:51, Ennis Buf (high-stick-

ing) 9:30, Sulzer Buf (high-sticking) 13:37.

Kesler Vcr (holding) 18:00, Ehrhoff Buf (tripping) 19:11.

Third Period

5. Buffalo, Ehrhoff 5 (Boyes, Ellis) 2:36

6. Vancouver, Booth 13 (Kassian) 3:43

7. Vancouver, Kassian 4 (Kesler, Hamhuis)

17:14

8. Buffalo, Ennis 7 (Stafford, Sekera) 18:57

(en)

Penalties — None

Shots on goal by

Buffalo 11 6 8 25

Vancouver 12 13 10 35

Goal (shots-saves) — Buffalo: Miller (W,22-17-5); Vancouver: Luongo (7-4), Schneider

(L,14-6-1)(5:10 first, 17-16).

Power plays (goals-chances) — Buffalo: 0-2;

Vancouver: 0-4.

Att. — 18,860 (18,860) at Vancouver.

GOLF

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Ernie Els, \$59,280

70-69-67-69—275

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Erik Compton, \$43,035

Charles Howell III, \$43,035

Troy Matteson, \$43,035

Ryan Palmer, \$43,035

Gary Christian, \$34,628

73-67-67-74—281

TENNIS

DUBAI CHAMPIONSHIPS

At Dubai, United Arab Emirates

Singles—Championship

Roger Federer (2, Switzerland, def. Andy

Murray (3), Britain, 7-5, 6-4.

Doubles

Championship

Mahesh Bhupathi and Rohan Bopanna (4), In-

dia, def. Mariusz Fyrstenberg and Marcin

Matkowski (3), Poland, 6-4, 3-6, 10-5

(tiebreak).

WTA BMW MALAYSIAN OPEN

At Kuala Lumpur, Malaysia

Singles — Semifinals

Petra Martić (5), Croatia, def. Jelena Janković

(2), Serbia, 6-7 (5), 7-5, 7-6 (5).

Championship

Hsieh Su-wei, Taiwan, def. Petra Martić (5),

Croatia, 2-6, 7-5, 4-1, retired.

Doubles

Semifinals

Chan Hao-ching, Taiwan, and Rija Fujiwara

(3), Japan, def. Karolina and Kristyna Pliskova,

Czech Republic, 5-7, 6-2, 11-9. Championship

Chang Kai-chen and Chuang Chia-jung, Tai-

wan, def. Chan Hao-ching, Taiwan, and Rija Fu-

jiwara (3), Japan, 7-5, 6-4.

ATP WORLD TOUR DELRAY BEACH INTERNATIONAL

At Delray Beach, Fla.

Singles

Championship

Kevin Anderson (7), South Africa, def.

Marinko Matosevic, Australia, 6-4, 7-6 (2).

Doubles

Championship

Colin Fleming and Ross Hutchins (3), Britain,

def. Michal Mertinak, Slovakia, and Andre Sa,

Brazil, 2-6, 7-6 (5), 15-13 tiebreak.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	8	4	4	.500	94	96	—
Philadelphia	8	4	4	.500	88	100	—
Rochester	9	4	5	.444	113	111	1/2
Buffalo	7	2	5	.286	83	92	1 1/2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Colorado	8	7	1	.875	109	107	—
Calgary	8	5	3	.625	106	90	2
Minnesota	8	5	3	.625	103	92	2
Edmonton	6	2	4	.333	64	61	4
Washington	8	2	6	.250	79	100	5

Saturday Results

Minnesota 15 Calgary 11

Washington 14 Toronto 9

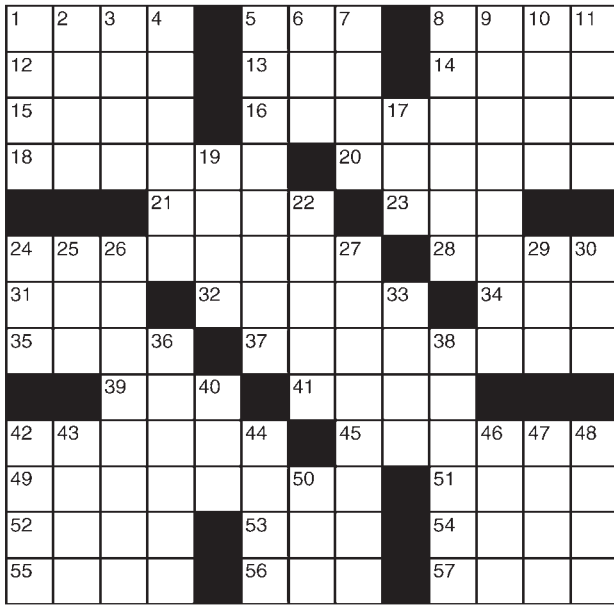
Crossword

Across

- 1 Gets a glimpse of
5 Tree fluid
8 One of the Three Bears
12 "Gone With the Wind" plantation
13 Actress Carrere
14 Letter jumble (Abbr.)
15 "Yeah, right!"
16 Dig
18 Soothe
20 On an angle
21 Tiers
23 Homer's interjection
24 Rough calculation
28 Outlet
31 "Humbly!"
32 "Top Chef" network
34 Cattle call?
35 Bjorn of tennis lore
37 Weaken
39 Anger
41 Leg joint
42 Party souvenirs
45 Standard
49 Move to another country
51 Crimson Tide, for short
52 — -a-ling
53 Auto fuel
54 From the beginning
55 Nervous
56 Tummy muscles
57 Camera part

Down

- 1 Impale
2 Facility
3 Rocker Clapton
4 Jungle expedition
5 Good glasses
6 — -en-Provence, France
7 Treaty
8 "Conditioned reflex"
doctor
9 Curse
10 Cracker spread
11 Elderly
17 Help
19 Bausch's partner
22 Reeked
24 Recede
25 — Paulo, Brazil
26 Prosperous
27 Uniformity
29 "To be or — ..."
30 Sock part
33 Sandwich cookie
36 Needing more sleep, maybe
38 Oral
40 Make a mistake
42 Big party
43 In the thick of
44 Long story
46 Horse's neck hair
47 Prayer ending
48 Legislations
50 Bill



For today's crossword answers
and for expanded horoscopes,
go to metronews.ca

Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer



Weather

MONDAY



MAX: -2°
MIN: -8°

TUESDAY



MAX: -5°
MIN: -9°

WEDNESDAY



MAX: 7°
MIN: -10°



ANDREW SCHULTZ
WEATHER SPECIALIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

Horoscope

♈ Aries | March 21 - April

20. Make an effort to be nice to people this week and they will make an even bigger effort to be nice to you.

♉ Taurus | April 21 - May 21.

Venus moves into your birth sign today, bringing both love and luck with it.

♊ Gemini | May 22 - June

20. You can and you must banish all thoughts of failure from your mind today and throughout the week ahead.

♋ Cancer | June 21 - July 22.

You may get a bit emotional today. You may also find yourself saying words that would normally get

stuck in your throat.

♌ Leo | July 23 - Aug. 22. You won't be in the mood to try too hard today but that's OK because the people you live and work with will be happy to do things for you.

♍ Virgo | Aug. 23 - Sept.

22. You seem to be moving on a higher mental and emotional level than usual.

♎ Libra | Sept. 23 - Oct. 22.

No matter how badly you have fallen out with a friend or family member you can still patch things up — but you've got to act now.

♏ Scorpio | Oct. 23 - Nov. 21.

You are at one with the world — and the world is at one with you.

♐ Sagittarius | Nov. 22 - Dec. 21.

If life isn't moving exactly how you want it to move then you cannot be trying hard enough.

♑ Capricorn | Dec. 22 - Jan

20. Attitude is everything and your attitude is just perfect today.

♒ Aquarius | Jan. 21 - Feb

18. If your head tells you one thing and your heart tells you another it is your head you must listen to.

♓ Pisces | Feb. 19 - March 20.

You know that what you are doing is right. You know that you are on the right track. **SALLY BROMPTON**



Caption Contest

"Just dashing through the snow."
Douglas

CHARLES KRUPA/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the above image and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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